

Steak salad made with cote à l'os BBQ-style

Ingrediënts

- 500 gram côte à l'os
- 2 tblspoon tearub
- 250 gram snow peas
- 250 gram sugarsnaps
- 1 paksoi (bok choy)
- 2 cucumber
- 1 red pepper
- 4 leaves fresh mint
- 2 limes
- 2 tblspoon fishsauce
- 4 tblspoon sesame-oil
- 50 gram roasted cashewkernels
- sunflower oil
- freshly ground pepper
- salt



Preparation:

- Rub the côte à l'os firmly with the tearub and let it absorb in to the meat.
- Clean the snow peas and the sugarsnaps. Cut the snow peas in fine julienne strips and place them in a bowl.
- Blanch the sugarsnaps for 3 minutes, rinse them immediately with cold water en let it drain well. Then you add them to snow peas.
- Wash the paksoi (bok choy) and chop the leaves coarsely, add these to the vegetable mix.
- Use the mandolin to shave the cumcubmers into thin long slices and add these to the snow peas.
- Slice half of the red peppers into rings, add them to the other vegetables.
- Chop the rest of the pepper in fine julienne strips. Pick the mint leaves, chop 1/3 in fine julienne strips and add the overage of the leaves to the vegetables.
- Mix the fine-cut pepper all together with the mintleaves and add the sesame-oil, a little bit of sunflower oil, the fish sauce and the juice and zest of the limes. Chop half of the amount of cashewkernels finely and add these. If it is necessary you can add salt and pepper to taste.
- Heat a dash of sunflower oil in a frying pan and fry the côte à l'os on both sides until firm. Reduce the heat and let it cook until partially cooked (this depends on the thickness).
- Leave the meat to rest for a short while, then cut the meat in thin tranches.
- Prepare the vegetables with a part of the dressing and serve these on a large plate. Divide the sliced meat over the vegetables and drizzle the dish with some of the remaining dressing.
- Sprinkle the remaining cashewkernels and to finish the dish you can garnish the salad with a few mintleaves.